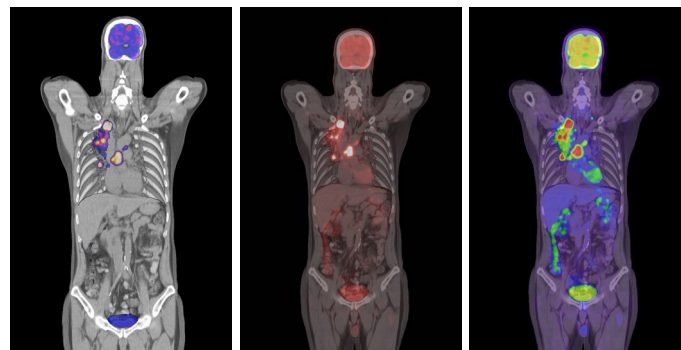


WHY DO YOU REQUIRE A PET/CT SCAN?

By identifying early cellular abnormalities, PET/CT is extremely helpful in:

- 1 Detecting early diseases such as cancer or infection/inflammation
- 2 Accurately evaluating the spread of disease (staging)
- 3 Evaluating early disease recurrence
- 4 Guiding treatment planning/biopsy
- 5 Monitoring treatment response
- 6 Evaluating brain abnormalities such as tumour, seizures or dementia



Above: The scan is conducted under the direct supervision of the radiographer.

Bottom: CT, PET and PET/CT fusion images that provide both anatomical and functional information.

SUNWAY MEDICAL CENTRE

For more information, kindly contact us at
 T +603-7494 1017
 F +603-7491 1483
 E smc@sunway.com.my

Operation Hours
 Monday-Friday 8.30am–5.30pm
 Saturday 8.30am–12.30pm
 Closed on Sunday and Public Holidays

The Nuclear Medicine Centre is located at :
 Basement, Tower C

Sunway Medical Centre Sdn Bhd
 No. 5, Jalan Lagoon Selatan,
 Bandar Sunway,
 47500 Selangor Darul Ehsan,
 Malaysia
 T +603-7491 9191 / 5566 9191
 F +603-7491 8181
 E smc@sunway.com.my

www.sunwaymedical.com

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EDUCATION GUIDE

www.sunwaymedical.com

FDG PET/CT SCAN PATIENT EDUCATION



**SUNWAY
MEDICAL CENTRE**

WHAT IS A PET/CT SCAN?

FDG PET/CT (Positron Emission Tomography/Computed Tomography) is a powerful imaging technique that combines both CT scan and PET scan using radioactive sugar (FDG – ¹⁸F-fluorodeoxyglucose) as the tracer.

It provides comprehensive information on the abnormal activity and function of cells (obtained by PET) as well as the precise location of these abnormalities in the body (obtained by CT).

This leads to more accurate assessment of your current medical condition especially cancer, brain disorder, heart disease and infective/ inflammatory disease.

An innovative PET/CT scanner that offers accurate, fast and comfortable examinations for a wide range of patients.



HOW DO I PREPARE FOR A PET/CT SCAN EXAMINATION?

In order to get accurate PET/CT results, it is **IMPORTANT** to follow strict preparation guidelines (as below) before the PET/CT scan is performed.

PATIENT PREPARATION GUIDELINES INCLUDE:

- 1 Fast (no food except plain water) for at least six (6) hours** before the appointment time.
- 2** If you are a diabetic patient and on medication, kindly follow-up closely with your doctor; and make sure your blood sugar level is under control (below 10mmol/l).
- 3** Avoid strenuous exercise two days before the scan.
- 4** Bring along your previous x-ray, CT, MRI, or PET/CT scan and report as well as any blood test report.
- 5** Pregnant ladies and children below 12 years old are not allowed to accompany patient in the Nuclear Medicine Centre.

NOTE: If you are claustrophobic, or need any assistance and information, kindly contact us at the **Nuclear Medicine Centre**



A small dose of FDG injection allows visualization of tumours on PET/CT scanner.



Open design, fast scan times and optimised image quality enable us to better serve our patients

ON THE DAY OF SCAN:

You should arrive 30 minutes before your scheduled appointment to allow for the registration process.

You are advised to drink 500ml of plain water before the scan.

The PET/CT procedure may take around 3 hours in total.

SCAN PROCEDURE:

- 1** Registration
- 2** History review and counselling
- 3** Preparation phase – changing into gown, taking height, weight and blood sugar level
- 4** FDG injection phase
- 5** Resting phase
- 6** Scanning phase
- 7** Report

BEFORE THE SCAN:



You will receive a small dose of radioactive sugar (FDG) via injection. Then, you are advised to rest quietly for 45-60 minutes to allow adequate time for FDG to travel throughout the body. Resting quietly prevents unnecessary uptake of FDG by the muscle, which may interfere with the scan results. In certain circumstances, you may receive other medication to improve the quality of the scan images and results.

DURING THE SCAN:



After this resting period, you will be moved to the scanning room. You are advised to empty your bladder before the scan. The scan usually takes 20-30 minutes depending on your height and area of the body being scanned.

NOTE: Depending on your disease state, you may need to repeat the scan on certain area, which may take additional 10-20 minutes.

AFTER THE SCAN:



Once the scan is completed, you may return to the waiting room where you have your meal. You are advised to drink plenty of water and empty your bladder frequently to flush away any remaining FDG in your body. In the meantime, our Nuclear Medicine Physician will prepare your reports. The results will be sent to your referring doctor. You may need to contact your referring doctor to obtain the results.



Radiation safety counselling for patient

ARE THERE RISKS ASSOCIATED WITH PET/CT?

Be assured that PET/CT examination is a routine and safe procedure. The radiation in the radioactive sugar is very small, and goes away very quickly. Keeping a distance from other people after the examination may not be necessary. However, it is best not to have close contact with pregnant ladies and babies for the rest of the day.

As the radiation may harm the baby, PET/CT should not be performed if you are pregnant, unless your referring doctor thinks it is essential for you to have the scan. You **SHOULD** inform staff in the Nuclear Medicine Centre if you are **PREGNANT** and/or **BREASTFEEDING**.

PREVIOUS EXAM

Comparison with previous scans will increase the accuracy of your current PET/CT interpretation and results. If you have had your previous CT, MRI or PET/CT scan done by an outside facility, please bring along the films (preferably CD) and reports.

IMPORTANT MESSAGE

Please make every effort to keep your appointment. If you wish to cancel or reschedule your appointment, you are required to notify us at least two (2) working days in advance. The radioactive sugar used for your scan is prepared specifically for you and will have to be discarded if you fail to keep your appointment.